**Wellness Pathway Schedule**

***Cycle A – M1s and M2s***

***Fall Term 2020***

**Key:**

LM: Lifestyle Medicine

NTRN S/L: Nutrition Skills and/or Lab

EW: Emotional Wellness

PA: Physical Activity

**Important Dates for Scheduling**

Exams 08/13 - 08/14, 11/12

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| August |
| 08/14 |  |  | Virtual Open House |
| 08/31 |  |  | Application Due |
| September |
| 09/10 | 1 hour | LM | Introduction to Wellness and Lifestyle Medicine and First Year Orientation (Hope Barkoukis) |
| 09/17 | 1 hour | NTRN-S/L | Shopping, Cooking & Eating Healthy on a Budget (Lindsay Malone) |
| 09/24 | 1 hour | EW | Emotional Wellness (Ali Klein) |
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| October |
| 10/01 | 1.5 hours | LM | Introduction to Motivational Interviewing, theory and practice (Farrah Thompson) |
| 10/08 | 1.5 hour | NTRN-S/L | Plant Based Diet/Healthy Dietary Patterns (Lindsay Malone) |
| 10/15 | 1.5 hours | LM | Alcohol, Tobaccos, and Substance Use and Abuse Prevention (Sarah Hill) |
| 10/22 | 1 hour | EW | Understanding Stress and Anxiety (Ali Klein) |
| 10/29 | 1 hour | EW | Building Resilience (Joe Janesz – tentative)  |
| November |
| 11/05 |  1 hour | LM | Meditation and Relaxation Techniques (Ali Klein) |
| 11/12 | 1 hour | LM | Exam Week: Virtual Yoga (Judi Bar) |
| 11/19 | 1 hour | EW | Recognizing Depression and Addressing Suicidality in Patients (Ali Klein) |
| December |
| 12/03 | 1 hours | NTRN-S/L | New culinary lab (topic forthcoming) |
| 12/10 | 1 hour | EW | Healthy Sleep Habits (Nate Bergman)  |

\*Additional, voluntary Mediterranean Diet and culinary labs to be scheduled throughout the year\*